The Sundial

Issue 5| Spring 2026

California State University, Northridge

Campus Map

Stirring the pot

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Cover Photo by Claire Geriak

Editor's Letter

Fellow Matadors,

As we near the halfway mark of the spring semester, right now could be a great checkpoint to self-assess your mental and physical health to ensure you finish the rest of the semester strong. From brain foods and exercises to a healing family recipe, this issue touches on many different aspects of overall wellness.

There are many free resources that campus provides to ensure students are healthy mentally and physically. When I moved away from home for college, navigating healthcare in a new environment was a challenge, so it was important for me to showcase some of the wellness resources we have on campus in this edition. These resources are found on pages four and five, including the relaxation-hub at the Oasis and the one-stop-fitness-shop at the Student Recreation Center. Additionally, the Klotz Student Health Center is highlighted, which can be a great first step for students who – like me – are unsure where to start.

Additionally, one of the featured stories for this magazine dives into the research behind undocumented individuals in the U.S. who are turning to cannabis for medical treatment. Written by Lina Jeong, this article profiles several users, detailing their experiences as they turn to cannabis for necessary relief amidst times when receiving healthcare can be inaccessible and expensive.

Happy reading!

Claire Geriak

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Brain foods

BY: CLAIRE GERIAK

Diet has been shown to directly correlate with cognitive ability throughout the day, influencing mood, fatigue and mental clarity. Navigating the function of varying vitamins and nutrients can be daunting, but understanding "brain food" can be beneficial to your next study session. The following are snack ideas that break down the science behind the benefits of your after-school fuel.

Dark Chocolate - Primarily because of the antioxidants found in cacao, dark chocolate can help maintain memory and slow cognitive aging. Additionally, dark chocolate contains loads of iron, which helps with promoting oxygen in blood flow, and magnesium, which helps with nerve function and can act as a muscle relaxant.

Berries - Blueberries, strawberries and raspberries are all high in an antioxidant called anthocyanins, which are anti-inflammatory and help preserve cognitive function. Strawberries are also high in vitamin C, which is another vitamin that cannot be produced by the human body. Vitamin C helps fight off infections, produce collagen and support cognitive performance.

Avocado - Avocados primarily benefit healthy blood flow due to healthy fats supporting oxygen and glucose. Additionally, rich in vitamin K and B9, avocadwwos have anti-inflammatory effects, which preserve cognitive ability. Additionally, avocados support a healthy gut and heart due to being rich in antioxidants which help to fight off sickness in the body. As a bonus, the avocado pit also contains antioxidants and fiber, and they are recommended to be ground into powder to add to smoothies or baked goods.

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Health and wellness campus map

BY CLAIRE GERIAK

The transition for college students moving out of the house to a university environment has led to numerous young adults who do not receive proper healthcare, whether it be lack of guidance or the confusion on where to start. The National Library of Medicine reported that 95% of students receive education about managing healthcare from caregivers, and that 57% desire more support in navigating healthcare once leaving home. Throughout CSUN's campus, there are numerous services that can make the college transition more accessible.

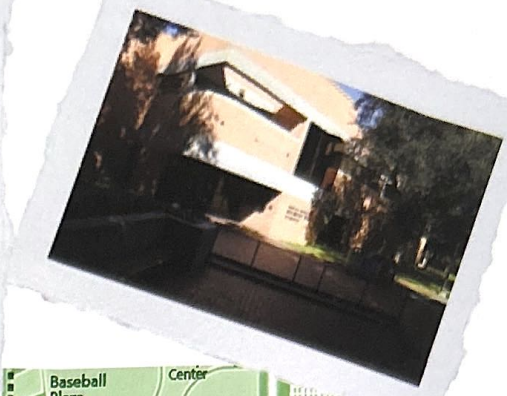
1. **University Counseling Services (UCS)** - Located in Bayramian Hall, the UCS is a mental health center that can provide wellness workshops, urgent care services, evaluations and counseling. Open on weekdays, services are free for students, and the services are developed to be accessible and confidential.

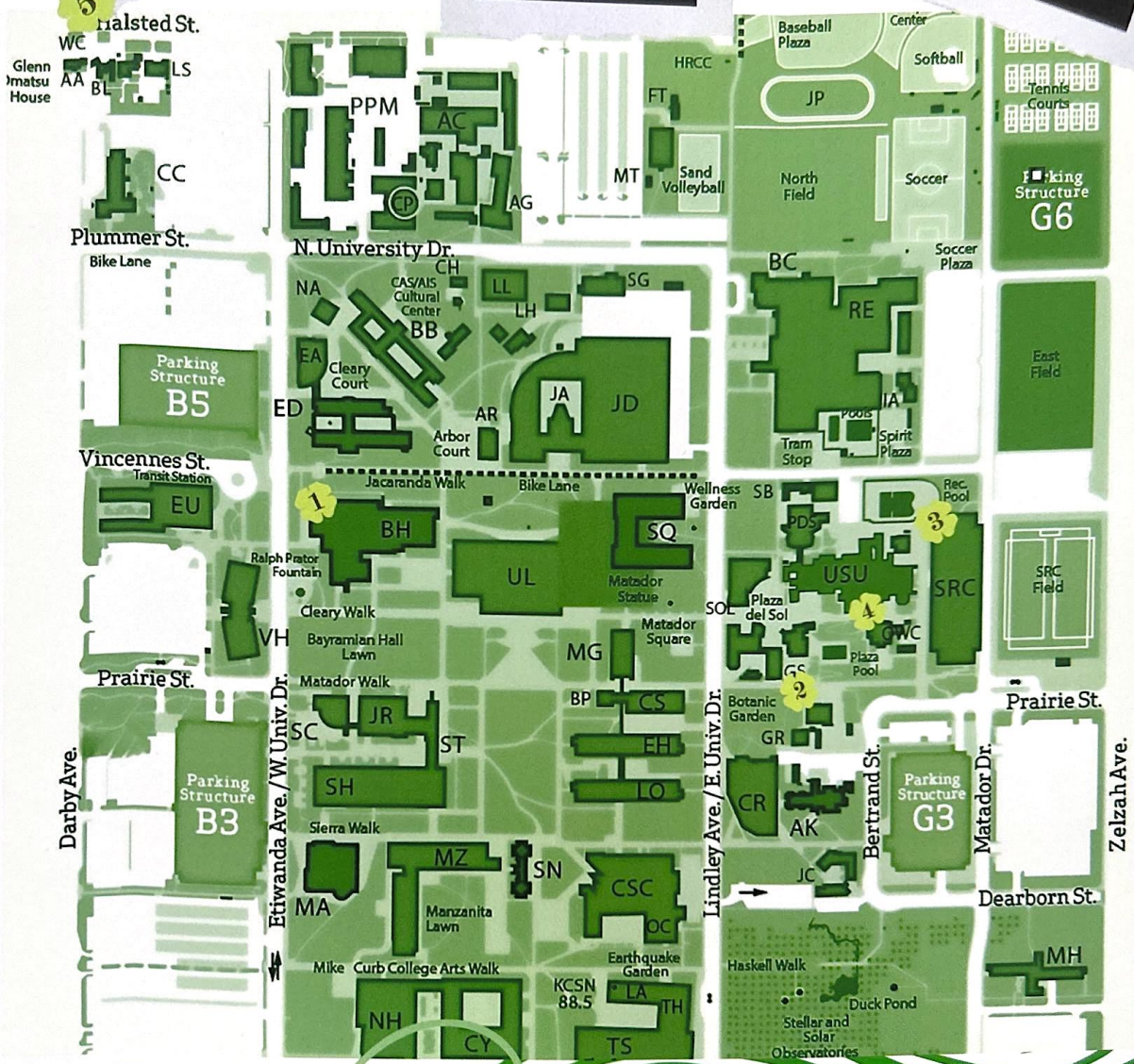
2. **The Klotz Student Health Center** - From internal medicine and sexual health services to x-rays and acupuncture, the Klotz Student Health Center can provide numerous medical services for students. Between Chaparrall Hall and the G3 parking structure, the center can also supply referrals to receive further care elsewhere. Additionally, the clinic provides dental services, eye exams, immunizations and a pharmacy.

3. **The Student Recreation Center (SRC)** - The SRC offers a range of fitness activities, whether it is high-intensity personal training or a relaxing yoga and stretching flow. Containing basketball courts, dance barres, weight rooms, a turf field and a pool, the Recreation Center is a free facility for Matators.

4. **The Oasis** - Supplied with a quaint outside area, massage chairs and wellness practices, the Oasis serves as a relaxing environment for the campus. Current CSUN students can access the Oasis amenities for no charge, and sit in on wellness practices such as aroma blending, sound baths and other activities to unwind.

5. **Women's Research and Wellness Center** - With a mission to educate gender and women's issues in the campus community, the Women's Research and Wellness Center provides support groups, referrals for further care and a space for open communication and instruction. Additionally, the center provides a food and toiletries bank for all students.

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North Field
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Tennis Courts
Parking Structure G6
Soccer Plaza
BC
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East Field
Pools
Tram Stop
Spirit Plaza
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Arbor Court
JA
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Transit Station
EU
Jacaranda Walk
Bike Lane
Wellness Garden
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PDS
Rec. Pool
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Parking Structure B3
Etiwanda Ave./W. Univ. Dr.
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Bertrand St.
Parking Structure G3
Matador Dr.
Zelzah Ave.
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Dearborn St.
Mike Curb College Arts Walk
Earthquake Garden
KCSN 88.5
LA
TH
MH
Haskell Walk
Duck Pond
NH
CY
TS
Stellar and Solar Observatories

Jewish Penicillin

BY JAYA ROBERTS

Chicken soup is one of the most comforting meals across many different countries and cultural backgrounds. In Thailand, one might find Tom Kha Kai, a dish of chicken broth adorned with coconut milk, lime juice and lemongrass. Ethiopia's Ye Ocholoni Ina Doro Shorba adds peanuts to chicken soup. In Eastern Europe and with Jewish families worldwide, you'll find Matzo Ball Soup, nicknamed Jewish penicillin.

According to the National Endowment for the Humanities, chicken soup began its reign as a cultural cure-all in the twelfth century when Jewish-Egyptian philosopher and physician Maimonides named chicken broth as a cure for respiratory illnesses. Ashkenazi Jews in Eastern Europe historically used chicken as an affordable, kosher source of protein on a limited budget, and eventually the soup became a staple in Jewish households. Matzo balls, also called matzah balls or kneidelach, are a type of dumpling made of ground matzo, egg and a binder, often added to chicken soup.

From my family to families across the world, Jewish penicillin is truly just a comforting, warming and nutritious soup I crave every time I feel under the weather. As many recipes go, my mom's recipe calls for a lot of measuring by heart, but it is comforting and delicious nonetheless.

What you'll need for your soup:

5 bone-in chicken breasts and thighs
1 handful of chopped celery
1 handful of chopped carrots
1 bunch of parsley
1 bunch of dill
1 white onion
Salt, pepper and chicken Better than Bouillon to taste
2 bay leaves

What you'll need for your matzo balls:

1 cup of matzo meal
1 bunch of chopped parsley
½ teaspoon of salt
A pinch of black pepper and nutmeg to taste
1 teaspoon of chicken Better than Bouillon
2 eggs
2 tablespoons of canola oil
1 cup of warm water

This recipe makes 10 matzo balls; multiply as needed.

A mug of matzo ball soup in a mug that says "Jewish Penicillin" at Ben's Best Kosher Deli on Jan. 2, 2012. Photo by wEnDaLicious on Flickr.

First, add chicken, celery, carrots, onion, parsley and dill into a pot and cover with water. Add salt, pepper and chicken Better than Bouillon paste to taste – however much your heart desires. Add 2 bay leaves and simmer the soup for about 40 minutes, or until the chicken falls off the bone. Then, the chicken can be pulled out and shredded. Take the bones out and pop the shredded chicken back into the soup.

Next, add matzo meal, chopped parsley, salt, pepper, nutmeg and Better than Bouillon to a bowl and mix. Add eggs, oil, and water to the mixture, then roll it into small, golf-ball sized balls. Place them on a baking sheet in the fridge to harden. This ensures that the matzo balls will be nice and firm – in my family, we don't like our matzo balls mushy. Once hardened, boil them in salted water until done. They should float, be fluffy and light.

Finally, your soup should be a beautiful golden color and smell delicious. Add your cooked matzo balls into your soup when you're ready to serve, garnish with a sprinkle of parsley and enjoy!

What's in a name?

Decoding the meaning behind CSUN's Colita de Rana club

BY JULIA TORRES • PHOTOGRAPHY BY EBONY ESCOBAR

Colita de Rana: It's a club name guaranteed to make Hispanic students stop in their tracks, bringing back old childhood memories. The name comes from a well-known Spanish children's rhyme, "sana sana colita de rana, si no sana hoy, sanara mañana." The second half of the rhyme directly translates to "if it won't heal today, it will heal tomorrow."

For Vice President Shaelynn Cruz, a junior majoring in Chicano studies, the saying is close to her heart after hearing it frequently while growing up.

The club's mission is to help heal anxiety and generational trauma prevalent in Hispanic students as they face a new stage in life through college. Cruz's goal is to create a safe space for first-generation Latino students and to create a community that helps students feel close to home.

"The issue might not be fixed, but maybe a little later on, while going to these clubs and meeting new people, you can get that sense of creating community and helping yourself get better with your health and anxiety," Cruz said.

The club's main events focus on nature and how to manage stress, usually taking place in grassy areas on campus. Regular activities include journaling and circle time, in which members are encouraged to talk about anything that might be affecting their mental health.

"Colita de Rana is basically a circle that creates a welcoming environment to all students from any background, whether it be Latino or different varieties of communities here at CSUN, we welcome anyone," Cruz said. "To me, it's a safe space to be myself and to, like, express myself."

Ebony Escobar, the head of public relations for Colita de Rana, believes the club fosters community by combining wellness activities with community building. It's a safe space for students of Hispanic descent to reconnect with their roots while navigating the challenges of college life.

Club members participate in some flower doodling and stamping after a long day of classes. Colita de Rana's goal is to provide a safe space for students to relax on campus, on Sept. 23, 2025.

Many new club members are freshmen, so Escobar prioritizes providing them with information about different clubs on campus from all cultural backgrounds, for each student to find their perfect fit.

According to Escobar, they don't "shy away" from certain topics, preferring their members to stay informed. Among these topics are ICE sightings on campus, or rather misinformation about these sightings, making fear worse among Latino students.

On Oct. 7, before a walkout on campus organized by the Students for Justice in Palestine (SJP), false reports of ICE officers on campus were dispersed. Escobar and the rest of the Colita de Rana board took notice and reached out to different sources, eventually figuring out the reports were false. Now, they try to reach out to other organizations on campus to make sure all information is correct before it reaches too many students.

On the days leading up to the Oct. 7 walkout, Escobar used the club's social media pages to promote the walkout and SJP. She held a special community forum the day after the event for any students interested in voicing their opinions or letting out any frustrations after the commotions in front of the University Library.

"While we support the walkout, I feel like an important message is that it's an important thing to our mission statement at Colita de Rana," Cruz said. "We are trying to create a safe space, and that's like an issue that's happening right now in society that we need to focus on. We want our members to know about the issues happening right now and not push it away."

Access Full Story Here!

Stirring the pot

Fear and cost turn non-citizens toward risky cannabis solutions

BY LINA JEONG • ILLUSTRATION BY KARI TRAIL

Raina faced an agonizing choice. She suffered from excruciating lower abdominal and pelvic pain, yet she feared going to the hospital. As an undocumented immigrant from Honduras, she avoided places where personal information is collected, like medical facilities. But once over-the-counter painkillers stopped working, she asked her daughter, Alondra, to buy her disposable cannabis vapes.

Raina and Alondra, who asked to be identified by their middle names to protect their privacy, said cannabis became their only option when formal healthcare felt too risky.

After immigrating, Raina began experiencing symptoms that were eventually diagnosed as endometriosis, but for a long time, fear kept her from seeking medical care. The diagnosis came only after their neighbor's son, a doctor, visited their home and examined Raina free of charge. With no resources and limited options, the family turned to alternative methods.

"He mentioned a weed store nearby and said some people used marijuana to help with pain," Alondra said. "My mom was really desperate at that point, so she decided to try it. It helped with the pain, at least in the short term, but it wasn't a permanent fix. It's now a Band-Aid over a bullet hole situation."

As cannabis legalization sweeps across the U.S., a quiet collision is unfolding. Portable modern marijuana products are easier than ever to buy, yet they still exist in a regulatory gray zone, with loose oversight, unpredictable health risks and lingering federal penalties.

At the same time, many noncitizens are turning to cannabis as a workaround for a medical system they can't trust or afford. However, this alternative wellness market is built on shaky ground and vulnerable immigrant users may face health and legal implications.

For immigrants who fear traditional healthcare settings, dispensaries represent an accessible and affordable alternative. Nearly 45% of undocumented immigrants

"It's now a Band-Aid over bullethole situation."
Alondra, age 28

are uninsured, compared to just 8% of U.S. citizens, largely because they're ineligible for federal programs like Medicare, Medicaid and the Affordable Care Act marketplaces.

With a quick flash of identification and some cash, access to pain relief is often easier through a storefront than a hospital door.

Jay Santos from Xzibit's West Coast Cannabis in Chatsworth said many are paranoid of handing over their IDs in dispensaries, but that should not be a concern in the slightest.

"We've noticed a lot of regulars who are not coming in like they used to who have passports. A lot of people are very afraid of being deported," Santos said.

Chad Britton, manager at Strain Caregivers in Chatsworth, said both dispensaries accept a variety of identification documents, including passports and IDs from different states or countries, making access easy for customers.

"We don't really have the ability to check citizenship or anything like that. And to be honest, we wouldn't – it wouldn't matter to us," said Britton. He assured that when IDs are scanned, it's solely to track purchasing patterns rather than customer identities.

This ease of access comes with serious consequences for immigrants. Rachel Ray, managing attorney at the University of California Immigrant Legal Services Center (UCIMM), emphasized that despite state-level legalization, marijuana remains illegal under federal law.

"A drug-related arrest or conviction can have serious consequences, including deportation, for non-citizens living in the U.S.," Ray said.

Even lawful purchases from licensed dispensaries can become grounds for immigration trouble. Ray noted that some immigration officers question non-citizens about past marijuana use, even in states where it is legal.

According to her, non-citizens applying for green cards, asylum, DACA or citizenship may be asked if they have ever used marijuana. These questions can come up during immigration interviews with USCIS, visa applications, medical exams or routine encounters with immigration officials.

"Many people today who use marijuana recreationally, medicinally or may work in the industry still don't know that marijuana use can affect immigration status and only learn about the consequences when they meet with an immigration attorney," Ray said.

In a system where legality varies by jurisdiction but immigration consequences are federally enforced, one uninformed decision can quietly sabotage years of progress toward legal residency, protection or citizenship.

"We've noticed a lot of regulars who are not coming in like they used to that have passports. A lot of people are very afraid of being deported."
Jay Santos, XZIBIT's West Coast Cannabis, Chatsworth

Dispensaries are abundant in Los Angeles, with over 1,400 active licenses for cannabis sales and nearly 300 retail stores. Dispensaries are citywide but heavily concentrated in East LA, North Hollywood, Chatsworth and downtown.

For people like Raina, what began as a last resort now reflects a broader shift in how underserved Americans access relief. Dispensary workers describe a growing number of fearful, yet regular customers.

Despite its growing role as a substitute for formal care, marijuana remains under-researched, with limited studies on its long-term health effects. As legalization spreads and cannabis usage becomes more normalized, there is currently a lack of FDA regulations, according to the National Institute on Drug Abuse, as well as a need for renewed investment in a healthcare system that many have been forced to abandon.

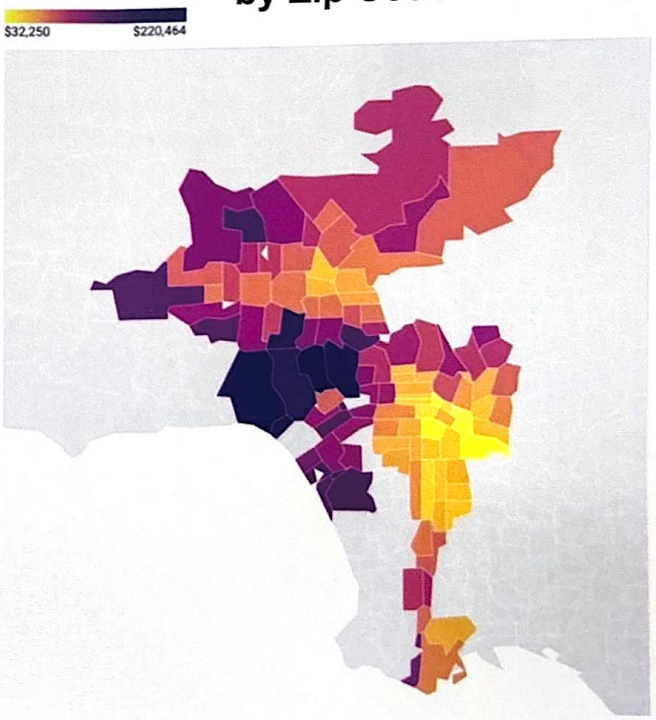
During President Donald Trump's previous term, the administration rescinded policies that had curbed federal prosecution of marijuana cases in states where it was legal and introduced budget proposals that removed protections for state medical marijuana programs. However, a 2025 Pew Research poll reflected that a majority of Republicans under 50 support the legalization of medical and recreational marijuana. This points to a generational shift that may pressure the administration to reconsider its stance and explore what cannabis reform could look like under Secretary of Health and Human Services Robert F. Kennedy Jr.

Beyond politics and policy, the human dimension remains clear: many immigrants turn to cannabis as a form of pain relief when traditional healthcare is inaccessible or unaffordable. For these communities, weed represents not just recreation, but reprieve; a small measure of autonomy in a system that often leaves them without reliable care or resources.

Dispenseries in Los Angeles

Source: Census Reporter Created with DataWrapper

Median Household Income by Zip Code



Source: Census Reporter Created with Datawrapper

Alumnus heals mental health issues through music therapy

BY BELLA VEGA VICTORIANO • PHOTOGRAPHY BY BENJAMIN HANSON

To celebrate the conclusion of Black History Month, the Department of Africana Studies (AS) organized an event that allowed students to explore the connection between music and therapy.

The Black Trilogy Method of mental health, music education and music industry services event, held on Feb. 24 at the Lake Terrace Room in the University Student Union (USU), highlighted African Americans' historical contributions and current realities.

"The final week for CSUN celebrations and commemorations is the theme Jubilee," said the department chair of AS, Marquita Gammage. "Where we wanted to highlight the need to celebrate African Americans, victories over obstacles, victory over oppression, liberation and music therapy," Marquita Gammage said, department chair of AS.

CSUN guest speaker, alumnus and former student Alwayne "Kofi" Spencer is a licensed music therapist and educator who has helped individuals overcome anxiety, depression and stress through the therapeutic power of music.

"My mantra is creating a space of healing for the broken. I tend to invite others, no matter what the various forms of music it would be," said Spencer. "To come into a space where they feel like they belong and [are] supported."

Although Spencer was born prematurely and could not communicate during his early stages of school, he was able to find comfort and strength in music. Spencer's love for music started when his grandmother, who studied at a music conservatory in London, England, taught him how to play the piano.

"For the first years of my childhood, I was mute. I wouldn't talk to anyone outside my family members, [only] those in authority, bus drivers and teachers because I didn't want to feel embarrassed," said Spencer. So upon the early progression of my development, I became well acquainted with music and education,"

While Spencer navigated life with his speech impediment, he overcame his fears and worries by learning to play instruments, which allowed him to communicate with his family and friends through music.

As Spencer learned to play various instruments, he discovered his passion and purpose, using music to heal others.

"I was exposed to so many different types of therapy services, where I found a place in," Spencer said. "One of those places is community music therapy, which is more focused on community engagement and empowerment, also helping individuals within the community feel like their voices are being heard. So I was able to identify that lane for myself."

In hopes of others acquiring the same peace and tranquility that Spencer had developed through music, he played a few chords from his guitar and sang to the crowd, telling them to envision themselves in a peaceful place.

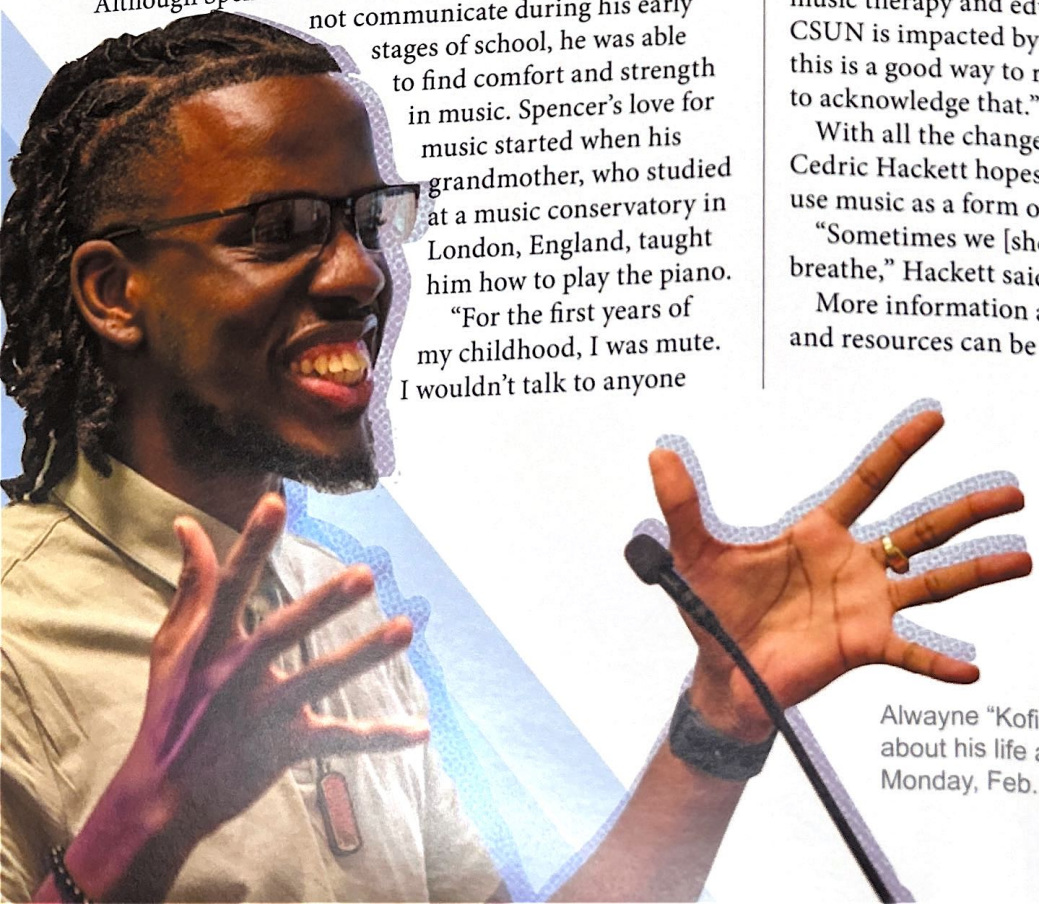
Student Gemma Capil found Spencer's communication through music admirable and powerful.

"I think [it's important] for people to see the link between music therapy and education," Capil said. "Everyone in CSUN is impacted by mental health and stress, so I think this is a good way to relieve that and to [also] take a second to acknowledge that."

With all the changes happening worldwide, Professor Cedric Hackett hopes students will gain perspective and use music as a form of therapy.

"Sometimes we [should] slow down with the rhythm and breathe," Hackett said.

More information about the Africana Studies department and resources can be found on their website.



Alwayne "Kofi" Spencer speaks to students about his life and career in Northridge, Calif., on Monday, Feb. 24, 2025.

Raw dogging life

How boredom benefits us and combats social media addiction

BY EMILY VELASQUEZ • ILLUSTRATION BY JONAH LYBARGER-MONSON

You need to be bored more often. We have the internet at our fingertips, we carry it in our back pockets and indulge in it any chance we get. This sounds amazing – we've advanced so far that any website is no longer restricted to a desktop. We're never too bored, and that's concerning.

Social media has mastered the art of attention capturing. According to a Cereus article, companies use machine learning algorithms to attract consumers and keep them scrolling. This has significantly damaged our brain's reward system, known as the mesolimbic system. The reward system is how we receive dopamine after experiencing "rewarding stimuli." We love these dopamine hits, which is why it is so hard to put our phones down. Our brains expect a constant stream of rewarding stimuli.

This never-ending dopamine cycle leads to developing addictions – and not only to social media. According to the article, dysregulation in the brain regions that are "critical in developing and maintaining addictive behaviors" can erode decision-making controls, as well as the regulation of emotions and actions.

I often see people complain about the lack of empathy and amount of desensitization in society today, but I see that as a direct result of growing up in the digital age. People are rotting the parts of their brain responsible for their emotions.

It doesn't help that during this constant stream of content, we are more susceptible to viewing violent imagery. Research from the eSafety Commissioner, the independent online safety regulator for Australia, shows that over 70% of children were exposed to content associated with harm online.

I've fallen into the trap of the constant doomscrolling cycle as well. It feels near impossible to break. The habit of pulling out your phone whenever there's a hint of awkwardness or whenever you have nothing else to do has been ingrained in our behavior.

There is a way to combat it, and it's quite simple. You need to be bored more often.

The more you let yourself be bored, the better your brain becomes at responding to it without reaching for a device. An article by Dr. Ashok Seshadri states that boredom – which he refers to as a resting state – "can be a creative time, and it can lead to finding creative solutions to problems that are bothering people."

Fortunately, it seems Gen Z is becoming aware of their social media addictions and have begun what some jokingly call "raw dogging" life – going without constant digital stimulation. Although it started as a silly trend, it shows how beneficial it can be to spend even an hour a day with your own thoughts, or for some people, a seven-hour flight.

Reclaim the attention span that companies have taken from you. Although the restlessness will be uncomfortable at first, eventually you won't reach for your phone as often. We could all use a little more reality time, or as Gen Z likes to call it, raw dogging.

Running tips from a girl who failed PE

BY TAYLOR PARISE

I am the daughter of marathon runners who swore she would never buy a pair of HOKAs. There is no person who understands how daunting a run can be more than me, because a year ago, I felt the same way. All that changed when my HOKA-loving mom passed away from pancreatic cancer. Running became an outlet for all the emotions I didn't know how to manage and a way to keep the connection we shared when she was alive. So, in January I went on my first run. I didn't think I could do it, having never ran before, but somehow managed to make it a mile. Then a month later, two miles. After eight months, I managed to complete my first 10K. Running helped me work through anxiety from grief and daily life. I never understood why my mom loved the sport, but I understand her more now that I have taken on the challenge. With each mile I accomplish, I know I am capable of more.

Tip #1 – Buy the expensive running shoes.
As tempting as the $20 pair on Amazon may be, please refrain from using that Prime shipping. I bought cheap shoes and my feet were screaming within two weeks. While HOKAs are popular, I chose Nike Quest 5 for my second pair, which were half the price and perfect for beginners.

Tip #2 – Find a friend.
This one may be hard if your friends are also anti-running, but finding a group to hold me accountable has been the best part about my new hobby. Make a group chat, share screenshots of your runs and maybe you'll inspire someone to join you.

Tip #3 – Download the Nike Run Club app.
This has been the easiest app to track my runs. I'm not competitive and don't plan on breaking any records with my turtle-like pace, but it's motivating to see how far I've gone and how I've improved.

Tip #4 – STRETCH.
I'm bad at this one, and it's the cause of all my pain. Getting into a routine of stretching before runs can prevent future ailments, such as shin splints. Simple stretches before a run will help you to recover faster. Attending a yoga class regularly between the days you run is also very beneficial.

Tip #5 – Use the time wisely.
While you run, use that time to discover a new audiobook, listen to an album that recently dropped or find a podcast that you've never heard before. Absorbing interesting media while your feet hit the pavement can make a run more exciting.

Tip #6 – Sign up for a race.
Whether it's a 5K or a marathon – but maybe don't start with a marathon – sign up for a race that looks fun months in advance. The promise of a free t-shirt and medal will help to push you towards your goals. Bring along friends and make a day out of it!

Taylor Parise (right) standing alongside friends Amanda Lipke (left), Grant Williams (center) after running the Beer City Half 10K in Santa Ana, Calif., on Nov. 1, 2025.

Use it or lose it

The importance of mobility exercises

BY EMILY VELASQUEZ

Exercise is often thought of as an activity with the goal of losing weight, gaining muscle or another athletic objective. For people who have no interest in any of these, exercise is usually not a consistent activity in their lives. However, certain exercises are beneficial regardless of athletic goals or lack thereof.

As you grow older, preserving your mobility is crucial to your overall health and increasing your lifespan, according to a study led by Dr. Claudio Gil S. Araújo. Stamina, flexibility, strength and balance are all related to mobility and can be improved. Mobility training is a specific type of exercise that focuses on range of motion and joints.

Do your knees crack when you crouch? That's what mobility training is for.

It can be daunting to begin a new exercise routine, especially if you don't already have one. To ease the intimidation, I've compiled some quick, at-home, no-equipment mobility exercises to get started.

Knees to Chest
Lay down with your back against the floor. Take one knee up to your chest and clasp your hands under your knee, holding the position for 15 to 30 seconds. Repeat with your other knee. This exercise helps reduce stiffness in the lower back and loosens tight muscles in the hip area.

90/90 Hip Rotations
Sit on the floor with one leg in front of you and the other behind you, both at a 90 degree angle. Lean forward over your front leg – you should feel your hip stretch. Switch legs and repeat. As the name suggests, this exercise improves hip mobility by training the hip joins range of motion and reducing stiffness.

Open the Gate
This can be done while going on a walk. Take steps while lifting your knee up then moving it outward in a circle, like opening a gate. This uses your hip flexors and will help with hip rotations.

Cat-Cow Stretch
Start on your hands and knees with both being shoulder width apart. Arch your spine upward, then slowly arch it downward. This stretch helps with arch extension, reduces tension in the back and is good for people who sit for long periods of time.

Thread the Needle
Start on your hands and knees. Reach one arm under your body, behind the other arm, until your arm and head reach the floor. Go back up and switch sides. This exercise loosens tight muscles in the back, such as between the shoulder blades and areas that cause tension in the neck.

You don't need a goal weight or personal record to have a reason to get active. Making life easier for your future self is an advantage, too.

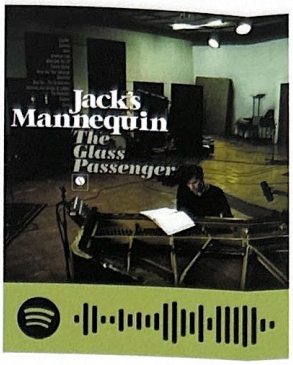
Cantando

WRITTEN BY ALY HAWKINS

Music can be a powerful tool for both mental and physical health. Just like a song can help push you over the threshold for a difficult lift, a song can also help push you over a challenging mental hill. Whether you need an uplifting track for a workout or a song to remind you of all the good in life, there's something for you here.

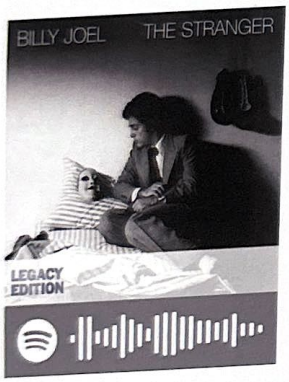
Shake It Out
Florence + The Machine

This 2011 track from the English indie rock band Florence + The Machine captures the feeling of living in the in-between of sad and optimistic. With lyrics like "ready to suffer and ready to hope" placed just before a soaring vocal from the queen of melancholy, Florence Welch, it is a perfect cathartic journey through living with both feelings.



Swim
Jack's Mannequin

Just a few months after Jack's Mannequin released their debut record, frontman and lead songwriter Andrew McMahon was diagnosed with leukemia. After receiving treatment and going into remission, a follow-up album was released in 2008, featuring the song "Swim." This track serves as an anthem of hope, dedicated to continuing the "swim" through life and all of its hiccups.



Vienna
Billy Joel

There is a certain special quality to the classics and what they can do for you emotionally. Case in point: Vienna, by Billy Joel. Made popular in this millennium thanks to the redemption arc scene in "13 Going on 30," the song wants the listener to consider that life's best days may not have been lived yet.

You're Not Alone
Saosin

This song is nearly two decades old, but in emo-rock culture, the message rings true just as much as it did when it was released. The lyrics aim to remind the listener that life is more than the issues at hand, and you can overcome them because there is always someone to talk to that may be experiencing something similar.

Joy
Bastille

British indie pop-rock band Bastille puts a lot of effort into the juxtaposition of their music, and this song showcases that effort. The song "Joy" is essentially a song about anxiety. The upbeat tempo against lyrics about the "wreckage" in one's head builds into genuine words of affirmation, which will have you singing "I feel joy" right into belief.

Vice Grip
Parkway Drive

This is a track for the metalheads. Despite the menacing guitars and drums, the metal community tends to have some of the most empathetic songwriters. This song depicts the silent battle of mental health struggles, complete with a great group vocal to help rally behind the idea that there will always be a community rooting for your resilience.

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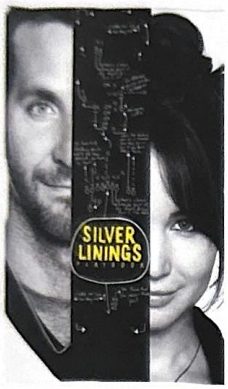
El Cine

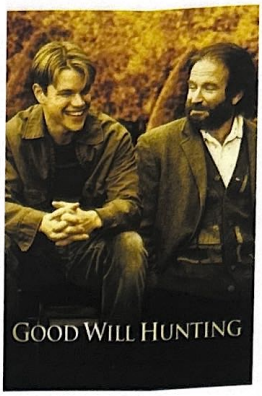
WRITTEN BY SARA WOLF

While there's no debate that movies entertain, they also often contain messages and themes that can help in tricky emotional times. Whether you need that feel-good rom-com to remind you that your situationship probably wasn't "the one," or a mental health focused film to show you that you're not crazy – you're just human – the big screen delivers. So, for the days when curling up with a good movie becomes more than just an activity, here are some feel-good movies to help you overcome various mental hurdles.



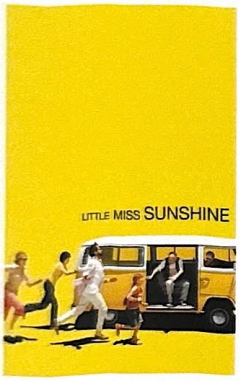
Silver Linings Playbook (2016)

Starring Bradley Cooper and Jennifer Lawrence, this movie navigates grief and mental illness with an emphasis on finding the humor in everything. Like the title suggests, this movie serves as a reminder that something good can come out of practically everything if you let it.



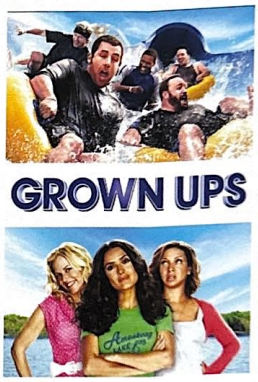
Good Will Hunting (1997)

Matt Damon and Robin Williams have an awe-inspiring connection, which follows the story of a genius yet troubled youth that begins a self-discovery journey with his court-appointed therapist. It balances multiple themes, but its main takeaway is that you have what you need within you to succeed.



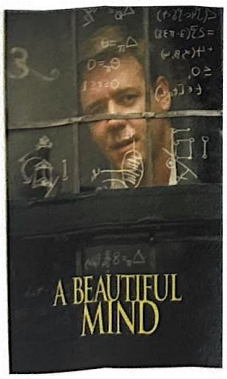
Little Miss Sunshine (2006)

A family travels across the country in a bright yellow van to support their young daughter's dream of being in a beauty pageant. It tells a tale of a dysfunctional family that can thrive despite hardships, offering plenty of laughs while reminding audiences that true beauty comes from within.



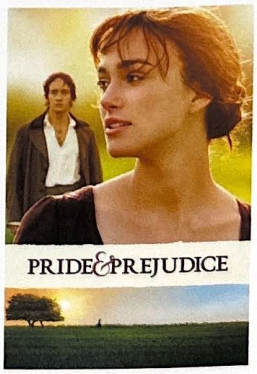
Grown Ups (2010)

The ultimate comfort movie, of course. A star-packed cast goes camping at a childhood cabin and navigates parents finding balance between being adults and still relating to their kids, with the perfect mix of whimsy and child-like fun. This film is sure to give a laugh and lift you up on a tricky day.



A Beautiful Mind (2001)

Russell Crowe stars as the prominent mathematician John Forbes Nash Jr., who struggled with schizophrenia throughout his impressive and monumental career. The whole movie is captivating and exciting with a particularly fascinating ending.



Pride and Prejudice (2005)

If he wanted to, he would – but there might be some confusion along the way! Based on the novel by Jane Austin, Elizabeth Bennet, played by Keira Knightly, uses her wit to navigate life and relationships, especially with the dark and brooding Mr. Darcy, who she just can't seem to get away from. This tale reminds the audience that life is full of misunderstandings, mistakes and confusion, but that if love prevails throughout it, maybe it's meant to be.

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C A I K D I Z Z S U L K Z J K W W H C S
I L W W Z V F T Q I A B Y W A G W F G A
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U O F I Z D H E H V Y A Q T E W O Y R V
L E I Y E F J A U G U C D A G W F R U E
N C S A F F J M Z D E D Q R P P I U D I
S D A B O V F H R F W F T D Q A L P N G
P D Q P D E H Z A M D W F Y U I E U E T
X U O D L G R M Y C G F K H M F B Z A F

1. Muscle **2.** Energy **3.** Hydrate **4.** Stamina **5.** Mobility **6.** Posture **7.** Growth **8.** Balance **9.** Cardio **10.** Endurance

Sudoku

Each 9x9 square must be filled with numbers from 1-9 with no repeats in each line, horzontally or vertically. There are also 3x3 squares marked out in the grid (there can also be no repeat numbers in the squares).

8		6	5	4	7	3	9	
		9	6	8		4	5	
	7	5			1	8	6	2
	8	1			4	9		
5	4	2	7	9		6	1	8
9	3	7	1			5	2	4
1		3	8	2	5			9
	9	4		1		2	8	5
2		8					3	6

Easy

		7	1		5		4	6
	9						1	
1		5				2		
	1							9
			7					
5								
9					1			
		1						
		4				5	2	1

Hard

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FEATURED EVENTS

FEB 26
Movie Night: *Twilight*
Thursday, Feb. 26: 6 – 10 p.m.
Grand Salon

MAR 3
Undocu-Joy
Tuesday, March 3: 2:30 – 4 p.m.
Grand Salon

MAR 10
Women to Women
Tuesday, March 10: Noon – 2 p.m.
Oasis Wellness Center

MAR 12
Art Jam
Thursday, March 12: 10 a.m. – 1:30 p.m.
Plaza del Sol

MAR 12
Spring Karaoke: Queer Speakeasy
Thursday, March 12: 6 – 9 p.m.
Grand Salon

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Games Room Tournaments
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